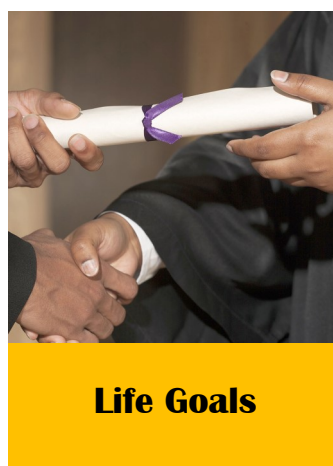


# Everyone could use a hand



Life Coaches are a helping hand in creating positive life change.

Coaching is a proactive approach to dealing with today's challenges. Different from counseling, coaching focuses on individual goals and provides information, insight, and collaboration. Coaching is a less diagnostic, solution-based program that works with people in their present situation to improve future outcomes.

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